

YMCA Potomac Overlook  
10709 Indian Head Highway  
Fort Washington Md 20744  
301.203.2302

BE  
GOOD

DO  
GOOD

FEEL  
GOOD

# Tae Kwon Do

With over 30 years of experience in helping children and adults. We are proud to be able to offer you a program that will change your lives. Learn the traditional style of Tae Kwon Do handed down for centuries.

## Youth Tae Kwon Do (Ages 4-17):

Tae Kwon Do will help your young children develop better motor skills while teaching your older children a skill that will follow them throughout life. We do not just repeat the words of discipline, confidence and self defense, but offer you a program, that threw your eyes you will see your children advance in each area and more. Let us help you and your children take that step.

**Monday and Wednesday: 6:30-8:00 PM** (multipurpose)

**YMCA Members: \$130 per 8 week session**

**Program Membership: \$145 per 8 week session**

## Adult Tae Kwon Do (Ages 18 and up):

It is never too late to learn the art of Tae Kwon Do; all ages and levels are welcome to attend. Come and learn the disciplines of Tae Kwon Do and improve your leadership, confidence and health in the process. Experience hands on teaching and mentoring.

**Monday and Wednesday: 8:00-9:30 PM** (multipurpose)

**YMCA Members: \$130 per 8 week session**

**Program Membership: \$145 per 8 week session**

To register for program please see the front desk.

Program memberships allow non-members to participate in YMCA programs.

Annual program membership fees child-\$50 or Family-\$100

10% second child discount is also available.



**YMCA of Metropolitan Washington**  
We build strong kids, strong families, strong communities.

[www.ymcadc.org](http://www.ymcadc.org)

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